

# Martin Luther King Jr. Swim Center

**Fall, Winter & Spring Pool Use Schedule, Sept. 11 2004 – June 17 2005**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM – 6:15 AM MCRD SWIM TEAM PRACTICE (NO PUBLIC SWIM)					Competitive Swim Practices	Competitive Swim Practices
6:15 AM – 8:30 AM <b>EARLY BIRD LAP SWIM</b> Deep Water Running Class Tues & Thurs 7:30 – 8:30 AM – Well Closed						
8:30 AM – 11:30 AM <b>SPECIAL USES</b> Limited Lap Lanes/Water Exercise/MCRD Swim Lessons/Limited Well Use					8:00 A.M. – 2:00 P.M. Swim Lessons High School Swim Meets (Dec-Feb)	8:00 A.M. – 1:00 P.M. Swim Lessons Safety Training
11:30 A.M. – 2:00 P.M. ~ Main and Teach Pool Open <b>NOON RECREATIONAL SWIM</b> Limited Lap Lanes Available (Diving Boards Open Tues & Thurs – 12:30 – 2:00 p.m.) Diving Well Closed on Monday, Wednesday & Friday 1:00 – 2:00 p.m.					2:00 – 6:00 P.M. <b>Recreational Swim</b>	1:00 – 3:00 P.M. <b>Raft &amp; Splash</b>  Main & Teach Pool Open Limited Lap Lanes
2:00 – 3:30 P.M. Afternoon Lap Swim – Limited Lap Lanes						
Swim Team Practice begins at 3:00 p.m. 2:30 – 3:30 P.M. High School Practice (mid-Nov – Feb)						
3:00 – 7:00 P.M. (M, W, F) & 3:00 P.M. (Tues & Thurs) - Swim Team Practice 3:30 – 7:30 P.M. Tues. & Thurs. – Dive Team Practice						
Limited Lap Lanes: Mon-Thurs - 6:30 P.M. – 8:20 P.M. ~ Friday – 6:30 P.M. – 9:00 P.M.						
MONDAY 7:00 – 8:20 P.M. <b>FAMILY REC SWIM</b> •Main & Teach Pool Open	Tuesday 7:00 – 10:00 P.M.  •LESSONS •WATER FITNESS •SAFETY TRAINING •THERAPUTICS	WEDNESDAY 7:00 – 8:20 P.M. <b>FAMILY REC SWIM</b> •Main & Teach Pool Open	Thursday 7:00 – 10:00 P.M.  •LESSONS •WATER FITNESS •SAFETY TRAINING •THERAPUTICS	FRIDAY 7:00 – 9:00 P.M. <b>FAMILY REC SWIM</b> Well Opens @ 7:30 P.M.  •Main & Teach Pool Open •Limited Lap Lanes  •Safety Training	Main & Teach Pools Open Limited Lap Lanes	3:00 – 5:00 P.M. <b>Recreational Swim</b>  Main & Teach Pool Open Limited Lap Lanes
8:30 – 10:00 P.M. •LESSONS •SAFETY TRAINING •MASTERS (5 LANES)		8:00 – 10:00 P.M. LESSONS SAFETY TRAINING MASTERS (5 LANES)		•Safety Training		
9:15 – 10:00 P.M. Limited Lap Lanes		9:15 – 10:00 P.M. Limited Lap Lanes		SPECIAL USES & RENTALS	7:00 – 9:00 P.M. SPECIAL USE AND RENTALS	5:00 – 6:00 P.M. <b>ADULTS ONLY</b>
						6:00 – 9:00 P.M. SWIM CLINIC

## RECREATIONAL SWIM:

General swimming for all ages with the following Facilities open: Main Pool, Lap Lanes, \*Diving Boards, Teach Pool, Weight Room & Hydrotherapy Pool.  
\*see diving board times below

## General Recreational Time

### For the Main Pool & Teach Pool

Mon – Fri: 11:30 a.m. – 2:00 p.m.  
Mon. & Wed: 7:00 p.m. – 8:20 p.m.  
Friday: 7:00 p.m. – 9:00 p.m.  
Saturday: 2:00 p.m. – 6:00 p.m.

## Lap Swim

Lap Lanes are roped off at either 25 yard or 25 meter competitive distance, or as 20 yard fitness lanes across the main pool. Some lanes are entirely in deep water. Patrons should swim in a lane with other lap swimmers of compatible speed and skills. In general, laps lanes are available at all Recreational Swim periods.

Mon. – Fri.: 6:15 a.m. – 3:30 p.m. (limited lanes)  
Mon. – Thur.: 6:30 p.m. – 8:20 p.m. (limited lanes)  
Friday: 6:30 p.m. – 9:00 p.m. (limited lanes)  
Mon. & Wed.: 9:15 p.m. – 10:00 p.m. (3 lap lanes)  
Saturday: 2:00 p.m. – 6:00 p.m. (limited lanes)  
**Saturday: 6:00 p.m. – 7:00 p.m. (Adults Only)**

<b>Saturday:</b> <b>6:00 p.m. – 7:00 p.m. (Adults Only)</b> Sunday:           3:00 – 5:00 p.m. <b>Sunday:</b> <b>5:00 p.m. – 6:00 p.m. (Adults Only)</b>	Sunday:           1:00 p.m. – 5:00 p.m. <b>Sunday:</b> <b>5:00 p.m. – 6:00 p.m. (Adults Only)</b> Mon – Fri:       3:00 p.m. – Swim Team Practice begins* Mon – Fri:       2:30 p.m. – 3:30 p.m. – mid Nov. – Feb. High School Practice begins @ MLK
<b>Hydrotherapy Pools</b> <b>Adults Only:</b> *(14-18 if accompanied by an adult). <b>At least on Hydrotherapy Pool will be open to patrons during these times.</b> Mon: – Thu:       6:15 a.m. – 8:20 p.m. Friday:           6:15 a.m. – 9:00 p.m. Saturday:       12:00 Noon – 6:00 p.m. ( <b>6pm - 7pm ~ Adults only</b> ) Sunday:          12:00 Noon – 5:00 p.m. ( <b>5pm – 6pm ~ Adults only</b> )	<b>Deep Water Running (DWR) &amp; Well Lap Swimming</b> Mon, Wed, Fri:   6:15 a.m. – 8:30 a.m.           (1/2 laps,1/2 DWR) Mon, Wed, Fri:   8:30 a.m. – 11:30 a.m.       (Limited use DWR/laps) Mon, Wed, Fri:   11:30 a.m. – 1:00 p.m.       (1 lane DWR) <b>Mon, Wed, Fri:   1:00 p.m. – 2:00 p.m.       (WELL CLOSED) DWR CLASS</b> Mon, Wed, Fri:   2:00 p.m. – 3:30 p.m.       (Limited use DWR/laps) Tues & Thurs:   6:15 a.m. – 7:30 a.m.       (1/2 laps – 1/2 DWR) <b>Tues &amp; Thurs:   7:30 a.m. – 8:30 a.m.       (WELL CLOSED) DWR CLASS</b> Tues & Thurs:   8:30 a.m. – 2:00 p.m.       (1 lane DWR) Tues & Thurs:   2:00 p.m. – 3:30 p.m.       (1 lane DWR) Mon & Wed:       7:00 p.m. – 8:20 p.m.       (1 lane DWR) Friday:           7:00 p.m. – 9:00 p.m.       (1 lane DWR) Saturday:       2:00 p.m. – 5:00 p.m.       (1 lane DWR) <b>Saturday:       6:00 p.m. – 7:00 p.m.       (1 lane DWR – Adults Only)</b> Sunday:          1:00 p.m. – 5:00 p.m.       (1 lane DWR) <b>Sunday           5:00 p.m. – 6:00 p.m.       (1 lane DWR – Adults Only)</b>
<b>Weight &amp; Exercise Room</b> <b>Adults Only: 14 &amp; up with signed permission slip* (see cashier)</b> M, W:           6:15 a.m. – 10:00 p.m.* T, Th:          6:15 a.m. – 10:00 p.m.* Fri:           6:15 a.m. – 9:00 p.m.* Sat:           2:00 p.m. – 6:00 p.m.* <b>Sat:           6:00 p.m. – 7:00 p.m.* <u>Adults Only</u></b> Sun:           1:00 p.m. – 5:00 p.m.* <b>Sun:           5:00 p.m. – 6:00 p.m.* <u>Adults Only</u></b>	
<b>Diving Boards</b> Tue & Thurs:   12:30 p.m. – 2:00 p.m. (1 & 3 meter)* Tue & Thurs:   1:30 p.m. – 2:00 p.m. (5 meter)* Mon & Wed:     7:00 p.m. – 8:20 p.m. (1 & 3 meter)* Mon. & Wed.:   8:00 p.m. – 8:20 p.m. (5 meter)* Friday          7:30 p.m. – 9:00 p.m. (1 & 3 meter)* Friday:         8:00 p.m. – 9:00 p.m. (5 meter)* Saturday:      2:00 p.m. – 6:00 p.m. (1 & 3 meter)* <b>Saturday:      6:00 p.m. – 7:00 p.m. (5 meter - Adults Only)*</b> Sunday:        1:00 p.m. – 5:00 p.m. (1 & 3 meter)* <b>Sunday:        5:00 – 6:00 p.m. (5 meter – Adults Only)*</b>	<b>Please Note:</b> Everyone going downstairs must pay the admission fee each entry. Fees can be paid the following ways: By purchasing an Annual Pool Pass, a Punch 12 Card, (you get 12 visits for the price of 10 Regular visits) or you can also pay the admission fee for non-passholders “each entry” – See Cashier for details. Everyone in the pool area must pay the admission fee and be attired in a swimsuit. Children under 10 years old must be supervised at “all times” in the pool area & cared for by a paying adult in swimming attire at all times. The management reserves the right to alter the pool schedule when it is deemed necessary <b>Pool closed on: Thanksgiving Day, Christmas Day, New Year’s Day and Easter Sunday.</b>
*see cashier for minor’s use of 5 meter platform	